



# AIAS Newsletter

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AIAS hairdressing students offer a service

## It's a snip at AIAS

In last month's *AIAS Newsletter* we reported that all students (and their families) can take advantage of affordable treatments at the AIAS beauty clinic. Did you also know that you can have your hair cut and styled at our very own Hairdressing clinic?

It is staffed by graduating students who treat clients under the supervision of qualified lecturers.

Our state of the art facility offers a wide variety of affordable hair treatments to all students and their families. Gift vouchers are also available.

These include **hair cuts** for \$10, **colouring** from \$20, and **sets** from only \$10.

So why not treat yourself and enjoy a stylish cut or colour at our hairdressing clinic located at 46 Old Cleveland Road. You'll find our clinic menus available from the main reception. But remember to book in advance because they are very popular.

For more information please phone 3394.1311.

Our students thank you for supporting their clinic.

### Hairdressing opening hours

Monday: Closed

Tuesday to Friday: 9am – 4pm

**Level 1/46 Old Cleveland Road, Stones Corner**



### Hairdressing factoid

Did you know that hair is one of the characteristics that distinguishes mammals from other animals? Fur and wool are forms of hair, all of which have a protein called keratin as the basic building block.

There are some mammals that have no hair, but they have other features that clearly identify them as mammals.

And while on the subject, male pattern baldness does not mean that someone has become something less than a mammal. Thought this should be mentioned for the record.

### Did you know?

On 9 March 2010 the Australian Government released the Baird report on education for overseas students in Australia. Titled *Stronger, Simpler Smarter ESOS: Supporting International Students*, this report contains recommendations designed to better protect international students. The recommendations also help to strengthen Australia's leading role in offering world class education.

The Australian Government plans to implement many of the recommendations of this report. This is welcomed by AIAS.



natural  
medicine



massage



beauty  
therapy



hairdressing



fitness



professional  
services



english



hospitality

## For your diary

**31 May 2010**

Semester 2 commences

**26 June – 4 July 2010**

Mid-semester break

**27 August 2010**

Semester 2 concludes

**3 September 2010**

Assessment finalised

**6 September 2010**

Semester 3 commences

**18–26 September 2010**

Mid-semester break

**3 December 2010**

Semester 3 concludes

**10 December 2010**

Assessment finalised

**18 December 2010**

Graduation 2010

**6 December 2010**

Summer School commences

**24 Dec – 3 January 2010**

Summer School break

**18 February 2011**

Summer School concludes

## Study tip

Sleep deprivation is something many students experience when assignments are due, when final assessments draw near, or simple because they are having a very busy social life.

However, sleep deprivation does tend to impair memory and other brain functions that you may find useful in your studies.

Sleep deprivation also seems to increase appetite, certainly in younger people, and this is thought to be a possible cause of obesity in some people.

Therefore, for all sorts of reasons it is a good idea to make sure you get your quota of sleep. The odd late night is not a problem, but when it is a habit, then your studies could well suffer.

## Herb corner: dysmenorrhoea

On occasion at the campus there has been the case of the unexpected onset of period pain. Chronic sufferers usually plan in advance and either have an anodyne on hand or just don't go to class or work for the day it strikes.

While herbalists will prescribe herbs to help the person bring back into balance the hormones in the long term, in the short term a good pain reliever to see them through the hours of



intense discomfort is essential.

*Corydalis* is one such herb with a good reputation. The herb is very fast acting and most of the students 'caught out' commented on feeling better after as little as 15 minutes!

Consider a formula with another anodyne/anti-spasmodic herb like willow bark and cramp bark for a synergistic effect. The mixture may need to be repeated every two hours until the pain subsides.

Further investigation, however, needs to be considered for intense period pain.

*Herb corner is written by Dale Deanshaw, a lecturer at AIAS*

## Student profile



For this Newsletter we interviewed AIAS student **Dean Martin**.

- \* **What's the worst part about being a student?** You are in such a hurry to finish your qualification, but when you finish you realise you've only just begun to learn.
- \* **What's your favourite subject?** Fitness Assessment and Programming 3 because you start to practically put into place all of the theory that you have learned.
- \* **What do you plan on doing after you graduate?** I'm setting up my own business called Dean Martin Sports and Posture Therapy. We are just about to launch our own web site.
- \* **Have you any tips for fellow students?** Network as much as possible and always look for learning opportunities. This will help you because everyone likes to see someone succeed.
- \* **If you were an animal, what would you be?** A monkey, because you get to play all day and eat lots of bananas!
- \* **What's your favourite pastime?** I really enjoy taking time out with my kids.